

Creamy pumpkin soup with vegan sausage pockets

This pumpkin-carrot soup with fruity orange is particularly delicious in the cold season. It is perfect as a starter or a quick, light lunch.



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Ingredients for

- 500 g pumpkin (e.g. nutmeg)
- 150 g carrots, peeled
- 100 g leek
- 4 dl vegetable stock
- 0.5 - 1 dl orange juice
- 100 g almond puree [301]
- 1 tsp paprika powder, sweet
- 1 tsp rock salt (7 g) [305]
- ¼ tsp black pepper, ground (1 g)
- 2 tbsp pumpkin seeds
- Vegan sausage pastries:
- 275 g puff pastry (28 x 42 cm)
- 2x 140 g vegan Vegusto Bratwurst
- z. e.g. Bianca [126]
- Hotsami Max [118]
- or Farmhouse-style [122]

Preparation

Peel and chop the pumpkin and carrots. Wash the layers of the leek and cut them into fine rings.

Cook these chopped ingredients in a vegetable broth for 15 to 20 minutes.

Add the orange juice and the almond paste and season the soup with the paprika powder, the salt and the pepper.

Puree the vegetables finely with a hand blender or in a mixer.

Heat the pumpkin seeds in a non-stick frying pan over medium heat and toast them evenly for 3-4 minutes. Remove as soon as the seeds are lightly browned and beginning to smell delicious. Sprinkle the pumpkin seeds over the soup before serving.

Vegan sausage patties:

Roll out the puff pastry and cut into 12 pieces (approx. 10 x 10 cm).

Cut the vegan sausages into 1 cm thick rounds and place three in the middle of each square. Now close the puff pastry around the sausage.

Bake the pastries in a preheated oven at 200 °C (air circulation) for 10 to 12 minutes.

Tip: This pumpkin soup will keep in the fridge for 1-2 days without any problems. The soup can also be frozen.

Nutritional Information per 100 g

Energy 843.4 kJ /202 kCal	Carbohydrates 9.8 g	Protein 7.4 g	Fat 14.4 g	Dietary fiber 2.6 g
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